



Northwest Indiana Triathletes
www.nwitri.org

October 2022 Newsletter

OH NOOOOOO THE OFF-SEASON IS HERE 🙄🙄🙄🙄🙄🙄

We are in an incredibly busy time of transition for this club from the “regular” season to the “off-season”. Which means CHANGE. Changing the guard, changing our monthly cadence, changing our training schedules, and squeezing out the last minutes of warm air outside to start training inside. It’s both refreshing and depressing, so it’s so important for all of us that struggle in the off-season to lean heavily on our community. We have worked hard to provide opportunities for you to connect with each other through social media, group trainings and recurring events so I strongly encourage each of you to GET INVOLVED. I’ve said it once, and I’ll say it 1000 more times...this club is what you **MAKE** it.

If you’re not sure where to start here are some ideas for you!

- Read this newsletter
- Reach out and get to know new members who are announced
- Volunteer for club events
- Attend our public board meetings once/month or read and provide feedback on meeting minutes (if you can’t make the meeting)
- Post on our members only Facebook group when you’re looking for training partners or advice
- Participate in training activities like the winter challenge!

Our next regularly scheduled board meeting is Wednesday November 9th at 7pm. We will be covering important topics heading into 2023 like the new LaPorte Triathlon plan, new board member responsibilities, 2023 sponsor proposal overhaul and 2022 sponsor appreciation, winter challenge details, and a path to non-profit status in the state of Indiana.

You don’t have to be a “board member” to contribute your ideas and talents! The more the merrier. Use this zoom link to join the meeting, and ALWAYS read the minutes for details of the next meeting!

Join Zoom Meeting -----> <https://us02web.zoom.us/j/82500614242>

Special shout out to our **BRAND-NEW MEMBER**

Gabby Franco, Munster



Welcome new friends, we can’t wait to see you out on the racecourse(s) 😊
Also thank you to Rich Korba for renewing his membership as well!

WELCOME to our new NWI Tri Club Board Nov 2022 – Oct 2023!!!

At our last regularly scheduled board meeting we voted in 3 new members to the board and had some shuffling around of offices. We are SUPER excited for some new “blood” and new ideas!



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VACANT VICE PRESIDENT

Jennifer Brennan TREASURER

Sherry Carlson SECRETARY

Amanda Hoffer BOARD

Jason Buxbaum BOARD

Spardha Sharma BOARD

Andy Vaclavik BOARD

Miranda Jackovich BOARD

VACANT BOARD

Mike Steinhubel ATLARGE

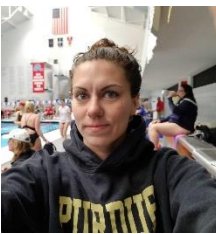
Ken Hyde ATLARGE

Welcome new board members:

Sherry Carlson

Miranda Jackovich

Andy Vaclavik



It's not too late!! If you're interested in helping, we are always open to new people and new ideas 😊

IT'S WINTER CHALLENGE TIME!!!

🎵 *It's the most wonderful time of the year!* 🎵

20 WEEKS AND 12 CHALLENGES TO KEEP YOU MOTIVATED THROUGH THE OFF-SEASON!!

Our winter challenge is a BELOVED tradition in the NWI Tri Club that takes place through our [Garmin Connect group](#) and our [Strava club](#) to keep you motivated throughout the cold, dark winter months and the holidays with a series of challenges, presented every two weeks. Lots of **MONEY and SWAG** on the table this season for the taking!

We're continuing to mix it up a bit this year with TWO Strava challenges in addition to our regular Garmin Connect challenges!!

For each challenge the top performer will win GLORY and one \$25 gift card to a local sponsor or athletic store. We will also randomly select a second participant to receive a special gift from the club. TWICE we will have TWO winners (based on the week). **You must be a current member to qualify for an award.**

The NWTRI Garmin Group is a closed group and only visible to members.



If you are new to the club and haven't participated in the challenges before, please review our handy-dandy winter challenge guide [HERE](#) for FAQ and tips on how to log your workouts through Garmin Connect and make sure they're visible for the Winter challenge in the NWITRI group.

****ALSO, take a moment** to join our club [NWI Triathletes on Strava](#) where we will track **TWO** additional challenges this year.

22-23 Winter Challenge Schedule

Weeks highlighted in **YELLOW** have 1 Garmin 1 Strava challenge

Start dates	WC#	Discipline	Event Description
Nov 7, 2022	1	Swim	Total Distance only.
Nov 21, 2022	2	Run	Total Distance. DOUBLE distance on Thanksgiving.
Dec 5, 2022	3	Bike	Total Distance only.
Dec 5, 2022	4	Bike Elevation	Strava - total bike elevation.
Dec 19, 2022	5	Swim/Run	Total distance. Winner place average across both
Jan 2, 2023	6	Bike/Run	Total distance. Winner place average across both
Jan 16, 2023	7	Swim	Total Distance only.
Jan 30, 2023	8	Run	Total Distance only.
Feb 13, 2023	9	Swim/Bike	Total distance. Winner place average across both
Feb 27, 2023	10	Bike	Total Distance only.
Mar 13, 2023	11	Swim/Bike/Run	Total distance. Winner place average across all 3 disciplines.
Mar 13, 2023	12	Swim/Bike/Run	Strava - Total TIME for all 3.

**ANNOUNCING the 43rd ANNUAL LAPORTE SPRINT
TRIATHLON & DUATHLON presented by
Northwest Indiana Triathletes**



For More Information Contact:

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**September 29, 2022
FOR IMMEDIATE RELEASE**

**La Porte County Family YMCA transitions long-standing triathlon to Northwest Indiana
Triathletes Club**

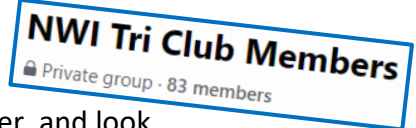
**After 33 years, the La Porte County Family YMCA will transition the longest running triathlon
in Indiana to the Northwest Indiana Triathletes Club.**

The La Porte County Family YMCA is as busy as ever, with no intention of slowing down. "We've hit record levels of membership and program participation in the last 3 years, and we don't plan to slow down" said YMCA CEO Laurie Halaska. As the YMCA continues to grow, so does the need for support to the community. With over 8,400 members, and well over 3,000 program participants, the YMCA is aiming to make a larger impact on the health and wellness of La Porte County. "We all share a common goal, to provide our community with options to maintain a healthy, active lifestyle. We don't only focus on the physical, we also want to positively impact social and emotional health as well" said Halaska. This means that some areas of focus have to be shifted in order to meet the growing needs of the community. With the addition of two larger major fundraising events, the Tour de La Porte, and a Charity Golf Outing, the YMCA made the decision to transfer its longstanding triathlon to another local non-profit group. "Pre-pandemic, we knew that we could not run both the Tour de La Porte and the triathlon so close together. The events require a combined total of over 170 volunteers, and many months of staff and committee planning" Halaska said. The YMCA tried moving the triathlon to early June in 2021-2022, and were met with a lower turn out due to colder weather and water temperatures. The Y had been searching in 2020 for another non-profit group to take the event on with no luck, and then, by chance, one fell right in their lap. "I was chatting with Ashley Konwerski from NWITRI, and she told me how during the peak of the pandemic, their club members used our course to practice on, holding their own impromptu triathlons. She joked that if there was ever a time that the YMCA wasn't going to run the event, they would. And right then I told her that we had been looking for another non-profit to hand the event off to, but had been unsuccessful due to the amount of time required to plan and execute the event" said Jessica Durham, Director of Marketing and Events. From there, the two groups held a series of meetings to discuss the transition, which has finally brought us to today. "I'm incredibly excited about the future of the event. The NWITRI Board has so much passion for the sport, and so many ideas to grow and elevate the event. When you take so much care in planning something for so many years, you really want to be sure that its going to be in good hands. I have the upmost confidence in this group to make it even better than it was before" said Durham. The Northwest Indiana Triathletes Club will keep the event location in La Porte, changing the date to Saturday, July 8th, 2023. La Porte County Family YMCA Leadership Staff will be guiding and assisting the NWIT Club with this years event, to ensure a smooth transition. For questions about the event, please contact Ashley Konwerski at nwitriathletes@nwitri.net

Look for registration to open early November 2022!!!

Looking for some company on your next activity?

So much of our community takes place online on our members-only Facebook group. There, we can post pictures of our workouts, inspire each other, and look for company on those longer/tougher workouts.



We also use the forum to share our knowledge and experiences as well as our wins and race photos! If you are a current member and haven't been taking advantage of this group, you are MISSING OUT.

CHECK IT OUT HERE ---> [Facebook Group!](#)

Not on Facebook? No problem! Email us at nwitriathletes@nwitri.net and we'll share FOR you.



NWI Tri Club Members

Private group · 83 members



Discussion Featured Members Media Files Guides Videos

*****WHILE YOU'RE AT IT CHECK OUT*** Facebook Members-Only Buy/Sell/Trade**

This is a moderated forum to post items for sale, trade, and giveaway as well as post if you're seeking triathlon kits, clothing, equipment and accessories.

- Items should be limited to triathlon-related items—unless you're giving away items for free (minus shipping) to teammates before posting for sale at large.
- Disclaimer: The club and its leadership are not responsible for issues encountered during the transaction process, before, during or after.

Please use [THIS LINK](#) to join the group and start posting!



GET EXCITED! New NWITRI SWAG coming soon!

Custom 26oz SPECIALIZED NWITri water bottles will be arriving at the beginning of November!

These water bottles will be available to members for \$5/each and will be for sale on our online store and at club events! STOCK UP, they won't last long.

If you would like to pre-order your water bottles, please email nwtriathletes@nwtri.net with your name, address and quantity and further instruction will be provided.



We've got some BAD@SSES in the CLUB!



Three of our members are racing the Marine Corps Marathon in Washington, DC Sunday October 30th!!!! Let's send some good vibes and **OORAHs** to Mary and Michael Vollbrecht and Robert Gonzales! You can track their progress on race day by downloading the Marine Corps Marathon app and going to "Track a Runner".



We also have our club member BOB CAVALLO racing the **2022 70.3 IRONMAN World Championship in St. George, UTAH**

Saturday October 29th! Bob qualified for the world championship event at 70.3 Steelhead this year! GO BOB GO!!!



Our board member Jason Buxbaum is also running the Marshall University Marathon on Sunday Nov 6th in Huntington, WV. If Marshall University is ringing any bells, it's because of the movie "We Are Marshall" sports drama depicting the aftermath of the 1970 plane crash that killed 75 people: 37 players of the Marshall University Thundering Herd football team, five coaches, two athletic trainers, the athletic director, 25 boosters, and the airplane crew of five.

If you are racing something awesome and would like to share it in the next newsletter, please email nwtriathletes@nwtri.net with the details!

HITTING THE MAT WITH KEN HYDE

When I was a young kid, I went to Grandma's house and Grandma would say, "Oooh, you're getting so big! Show me your muscles." So I turned my back on Grandma, dropped my pants and flexed my butt cheeks. You know, some grandmas would smack a kid on the butt for doing stuff like that. Not my Grandma. She would defend me. Grandpa would say, "That boys not right". Grandma would say, "Let him be. He's only 16."



But at that young age, I knew there were **650 different skeletal muscles** in the human body and the biggest muscle of all was the Gluteus Maximus...the butt muscle. Sounds like an ancient Roman soldier. Gluteus Maximus. He is huge, but he's just an ass.

Normally when a Grandma says to her grandchild, "Show me your muscles" what does a **normal** kid do? The child flexes those biceps. Good choice. Biceps are important, because without biceps we would have difficulty bringing a drink up to our lips.

What did grandma ignore? Grandma ignored that skeletal muscles always work in **pairs**. Every bicep needs a tricep. Grandma ignored the tricep. Biceps bring the drink to our lips. Triceps move the empty glass back down for a refill.

Two muscles work in tandem. Contract the muscle fibers on one side of the bone and the bones fold back on each other at the joint. Contract the muscle fibers on the other side of the bone and the bones extend and open up the joint.

A normal curl only works the bicep muscle. It's a fine move for working the **middle** third of the full range of motion for this joint. The first third is from fully extended to 60 degrees flexed. The middle third is from 60 to 120 degrees flexed. The final third is from 120 degrees to 180 degrees flexed. Note that reps within the first third and within the final third are very easy. The middle third is the hardest. So, if you only do *normal* curls, you are almost ignoring 2/3 of the range of motion of the muscle.

Working the middle third of the muscle range is important, but **inadequate**.

We need a move that works the final third the most:

Use one dumbbell, bend over at the waist, and put your empty hand on your knee for support. Dumbbell side towards the audience with arm fully extended back for start position. Keeping elbow and upper arm still, go through first third (no bicep work at all), middle third (minimal bicep work) then **final third (hardest of the three)**.



To work a muscle through it's full range of motion, we need to do sets in 3 different body positions. We have been focusing on the **bicep**, but I said muscles work in **pairs**. Let's switch focus to the **tricep**:

1. **Use a dumbbell, extend elbow out to the sides with dumbbell near shoulder to start.** First third is the hardest, middle third is almost nothing, final third is no tricep work at all.
2. **One dumbbell, extend elbow straight up then fully extend arm upward.** Middle third is hardest.
3. **Bend over fully at the waist with elbow straight back and dumbbell near shoulder to start:** First third is nothing. Middle third is almost nothing. Final third is the hardest.



The bicep/tricep/shoulder/upper back/chest work are all combined, not isolated, but combined into a 3-part UPPER BODY routine: Part one series is standing upright. Part two series is bent over at the waist facing the floor. Part three series is laying on your back on a bench or the floor. **Similar movements in each part.**

Working different parts of the same muscles. Working on both muscles in the pair to even out significant strength discrepancies.

One muscle or group of muscles is usually **stronger** than the other: **3 examples:**

1. Lay with your back on the floor and practice **swim kicks** (harder). Lay face down on the floor and practice swim kicks (easier).
2. On your hands and knees, move your head up and down, side to side then rotate Rt to L (easier). Repeat same movements laying on your back (harder): Anyone who has had abdominal surgery knows how much your abdominals are engaged just by lifting your 11-pound head off the pillow. **20 different muscles support the typical adult's 11-pound head.** Harder still to lift your feet off the floor when doing the head moves.
3. Pushups (easier). Pull ups: Face the ceiling, heels on an exercise ball or chair, upside down plank position with hands on a solid bar (like a low squat rack bar) is harder.

To summarize:

1. Think about the movements you are doing when you work out and how you can enhance your strength by working through a greater range of motion than you have been doing.
2. Think about adding more of the opposite movement to what you are doing. Work the yin and the yang.

PHOTO HIGHLIGHTS

Tour de La Porte Aug 2022



Big Shoulders Sep 2022



Blueberry Splash Sep 2022



Relay for Recovery Sep 2022





September Randoms



NWI Tri End of Season Party was a HIT!!! Special thank you HRUBY RANCH!



BRAND NEW SPONSOR FOR 2023!!!

ISM Saddles has graciously agreed to a **25% discount** on their saddles purchased directly through their website!

ISM Saddles are engineered to ensure health, comfort, and performance for all types of cyclists.

Whether you're a casual rider, a commuter, or even an elite triathlete, ISM Saddles has the ideal seat for your needs and situation. Their saddles are in use by thousands of professional and amateur athletes, and countless casual riders around the world. Use code **NWITRI25** at checkout at www.ismseat.com **DO NOT SHARE**



THANK YOU TO ALL OUR 2022 SPONSORS!!!

Tiny Bubbles, ATI Physical Therapy, Dto3 Dimension, Puntillo & Crane Orthodontics, New Oberfalz Brewing, Three Floyds Brewing, Leo's Mobile Bike Service, Trailblazers Bike Barn, McGuckin Chiropractic, Primerica, Rudy Project, and Magic 5 for becoming sponsors for the 2022 season.

THEMAGIC⁵

Get 35% off purchases at The MAGIC 5 using our exclusive code: **NWITri35**



Rudy Project - 35% discount via VIP account.

Go to our VIP Page: [HERE](#)

Fill out your personal information

Add code: **nwitr35** (all lowercase)

BOOM! You're in and will be logged in for all future orders!

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